

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 02050, Vanilla extract

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	52.58	--	3.823	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Energy	kcal	288	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Energy	kJ	1205	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	0.06	--	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Total lipid (fat)	g	0.06	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Ash	g	0.26	--	0.048	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Carbohydrate, by difference	g	12.65	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Sugars, total	g	12.65	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2002
Minerals													
Calcium, Ca	mg	11	--	0.691	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

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Iron, Fe	mg	0.12	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Magnesium, Mg	mg	12	--	1.490	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Phosphorus, P	mg	6	--	0.299	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Potassium, K	mg	148	--	31.035	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Sodium, Na	mg	9	--	3.118	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Zinc, Zn	mg	0.11	--	0.012	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Copper, Cu	mg	0.072	--	0.032	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Manganese, Mn	mg	0.230	--	0.030	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Selenium, Se	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

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Thiamin	mg	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Riboflavin	mg	0.095	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Niacin	mg	0.425	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Pantothenic acid	mg	0.035	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Vitamin B-6	mg	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Folate, total	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2002
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ¹	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Lipids													
Fatty acids, total saturated	g	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1994
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1994
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1994
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1994
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1994

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12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1994
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1994
16:0	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1994
18:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1994
Fatty acids, total monounsaturated	g	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1994
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1994
18:1 undifferentiated	g	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1994
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1994
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1994
Fatty acids, total polyunsaturated	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:2 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1994
18:3 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1994
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1994
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1994
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1994
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1994
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1994
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	34.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002

Sources of Data

¹G. Ferland, D. MacDonald, J.A. Sadowski Development of a diet low in vitamin K (phylloquinone), 1992 J. American Dietetic Assoc 92 5 pp.593-597